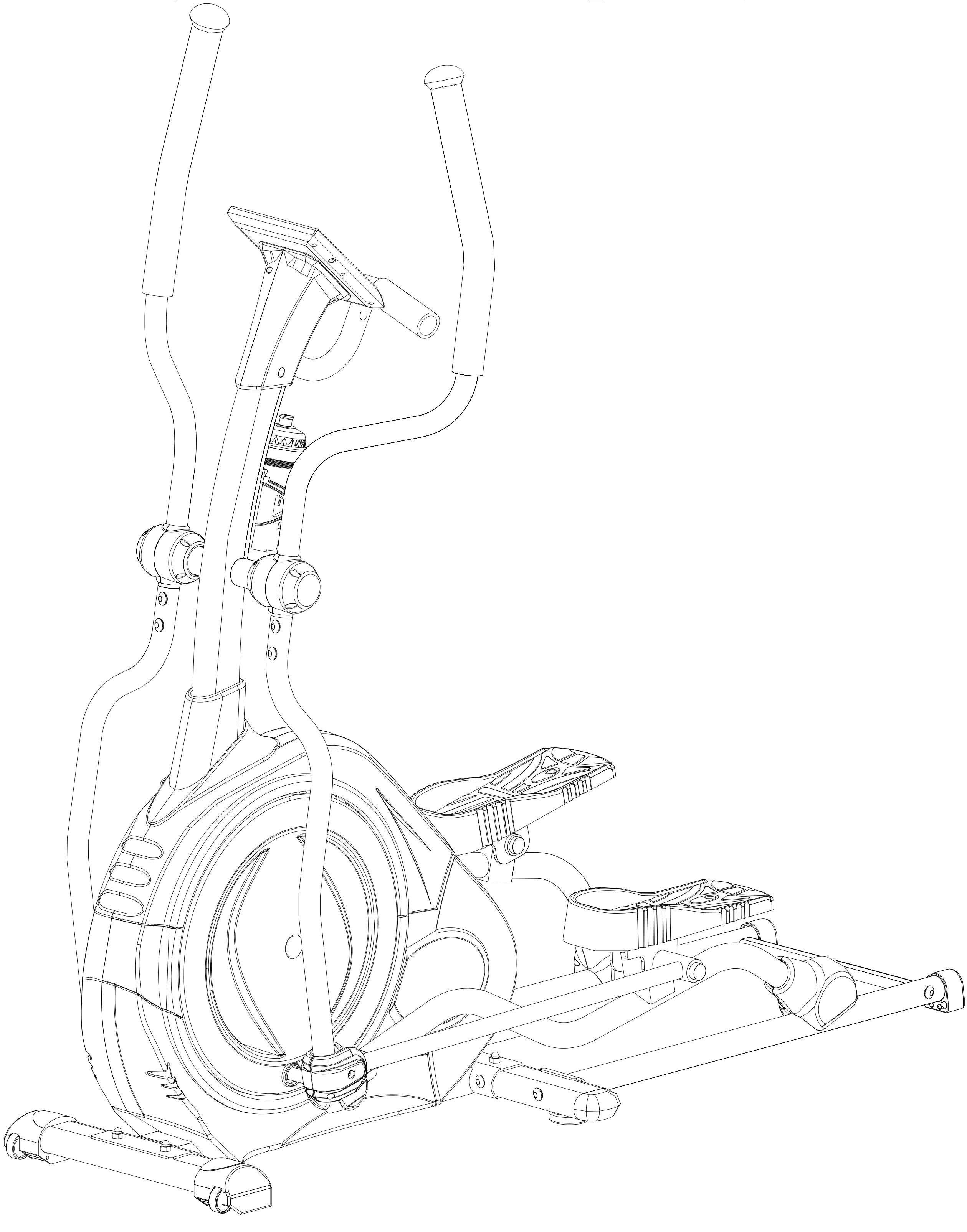
E738 BodyworX Deluxe Elliptical (Front Drive)



Safety Instructions

•
To ensure the best safety of the exerciser, regularly check it on damages and worn parts.

- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.

Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you
•your work-out and sensible eating habits.

- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise

- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.

- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.

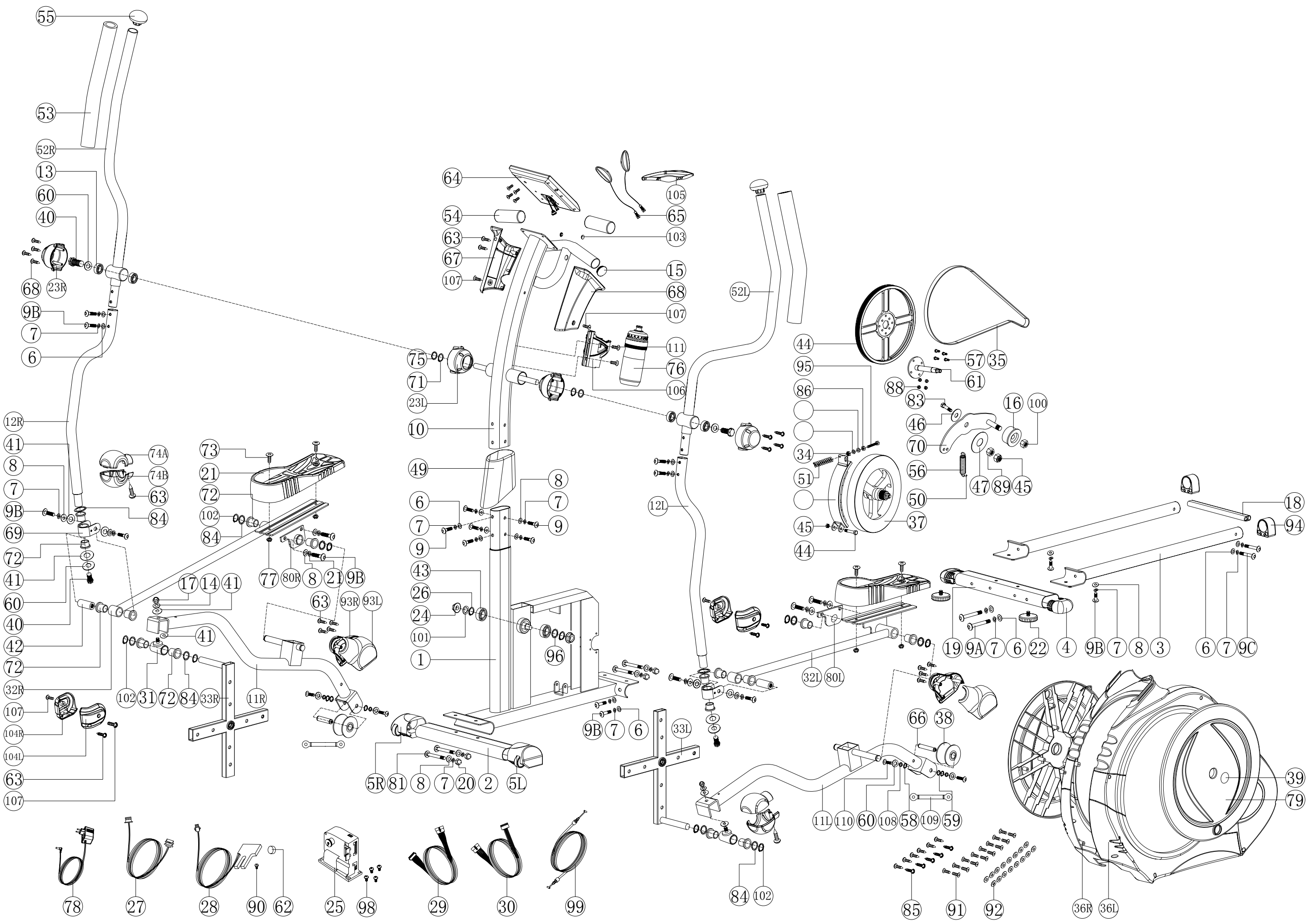
- Children, disabled and hadicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.

- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.

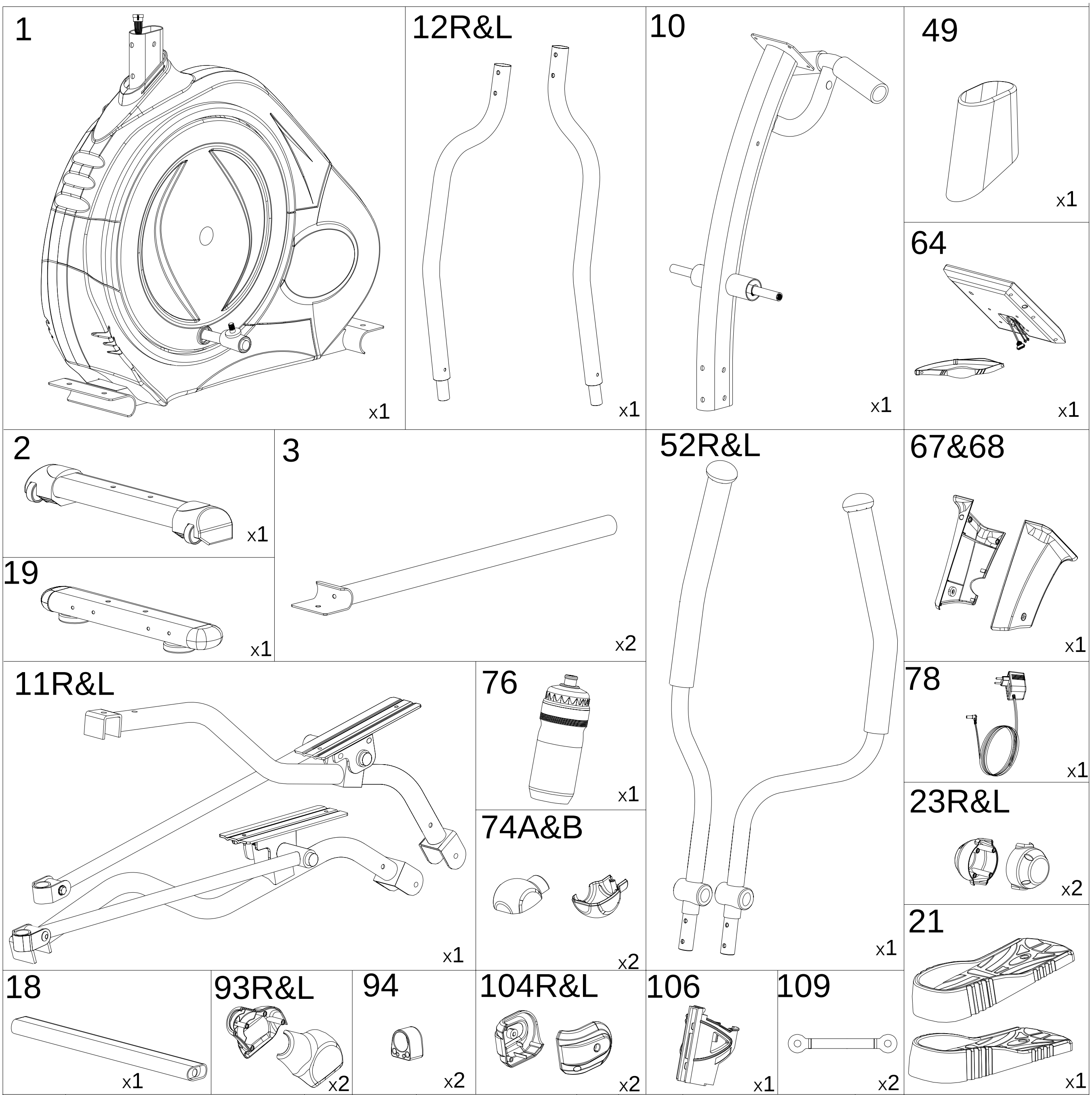
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

- Do not work out immediately after meals!

Exploded drawing:



Checking list:



9	M8*1.25*15L	x6	6	D22*D8.5*1.5T	x12	60	D25*D8.5*2.0T	x8	38		x2
9A	M8*1.25*95L	x2	7	D15.4*D8.2*2T	x22	63	ST4*15L	x22			
9B	M8*1.25*20L	x8	8	D16*D8.5*1.2T	x10	84	D26*D19.5*0.3T	x2			
9C	M8*1.25*55L	x2	14	D20*D11*2T	x2	81	M8*1.25*60L	x4			x2
17	M10*1.5*10T	x2	20	M8*15L	x4	75	D21*D16*0.3T	x2			
40	M8*1.25*20L	x4	73	M6*1*15L	x4	107	M5*15L	x6			
41	D24*D10*0.4T	x6	77	M6*1.0*5T	x4	110	M8*1.25*20L	x4			
108	D11.5*D8*3.5T	x4	111	M5*15L	x2						x1

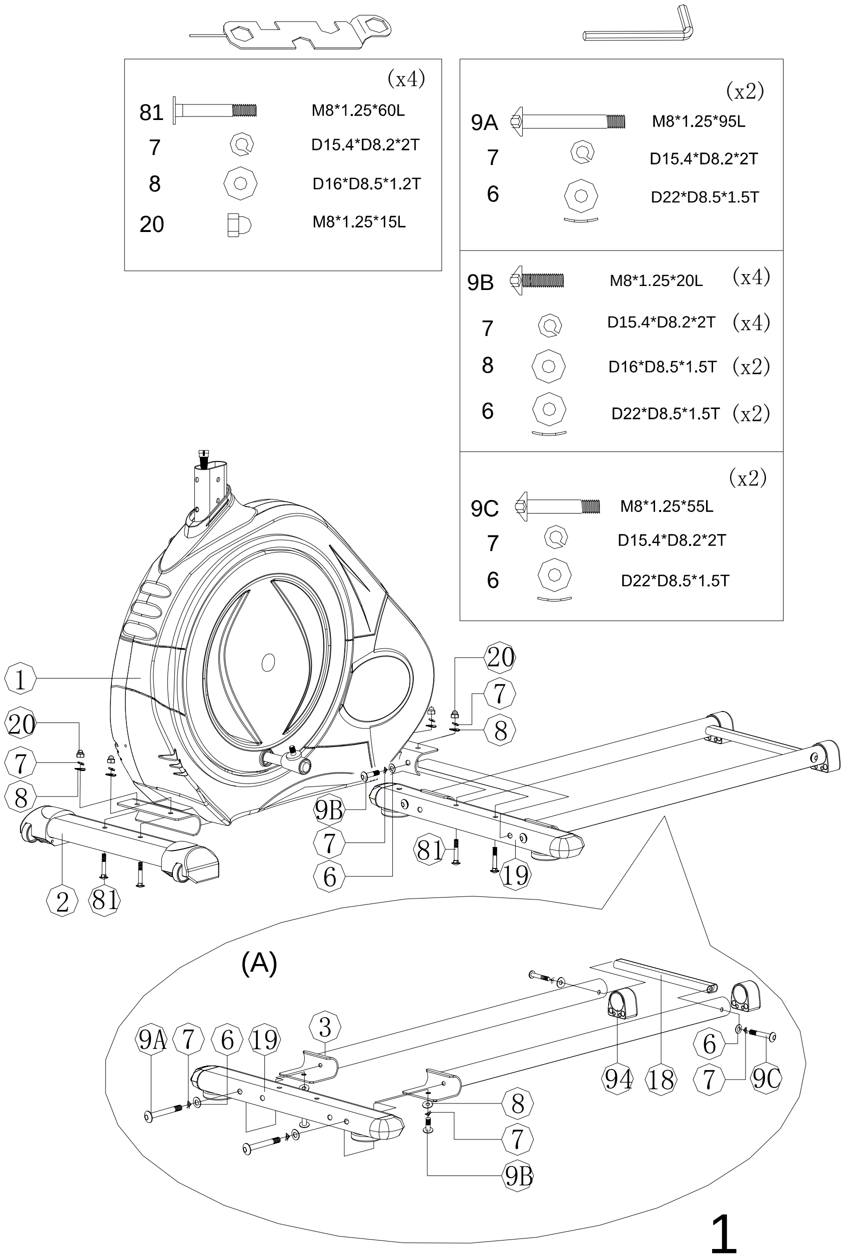
Part list:

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	54	Foam (HDR) D30*4T*125L	2
2	Front stabilizer	1	55	Mushroom cap D1 1/4"*45L	2
3	Sliding beam	2	56	Spring D3.5*D18*52L	1
4	Oval cap	2	57	Bolt M6*1.0*15L	4
5L	Left foot cap	1	58	C-ring S-15 (1T)	4
5R	Right foot cap	1	59	Waved washer D21*D16.2*0.3T	2
6	Curved washer D22*D8.5*1.5T	12	60	Flat washer D25*D8.5*2.0T	8
7	Spring washer D15.4*D8.2*2T	32	61	Crank axle	1
8	Flat washer D16*D8.5*1.2T	22	62	Round magnet	1
9	Allen bolt M8*1.25*15L	14	63	Screw ST4*1.41*15L	22
9A	Allen bolt M8*1.25*95L	2	64	Computer B31232	1
9B	Allen bolt M8*1.25*20L	8	65	Handle pulse	2
9C	Allen bolt M8*1.25*55L	2		Handle pulse cable 550L	2
10	Handlebar post	1	66	Axle of wheel	2
11L	Supporting tube for left pedal	1	67	Right computer bracket	1
11R	Supporting tube for right pedal	1	68	Left computer bracket	1
12L	Supporting tube for left movable handlebar	1	69	Joint	2
12R	Supporting tube for right movable handlebar	1	70	Fixing plate for idle wheel	1
13	Bearing #99502ZZ	4	71	C-ring S-16 (1T)	2
14	Flat washer D20*D11*2T	2	72	Bushing	14
15	Mushroom cap D1 1/4"*29L	2	73	Bolt M6*1*15L	4
16	Idle wheel	1	74A	Upper axle cover	2
17	Nylon nut M10*1.5*10T	2	74B	Lower axle cover	2
17A	Nylon nut M8*1.25*8T	4	75	Waved washer D21*D16*0.3T	2
18	Connecting tube	1	76	Bottle	1
19	Rear stabilizer	1	77	Nut M6*1.0*5T	4
20	Domed nut M8*1.25*15L	4	78	Adaptor	1
21	Pedal	2	79	Round chain cover	2
22	Adjustable round wheel	2	80L	Enforcing plate of left pedal	1
23L	Upper cover (left)	2	80R	Enforcing plate of right pedal	1
23R	Upper cover (right)	2	81	Square neck bolt M8*1.25*60L	4
24	Anti-loose nut M10*1.25*7T	2	82	C-ring D21.5*D17.5*1.2T	4
25	Motor	1	83	Bolt M6*1*50L	1
26	C-ring D22.5*D18.5*1.2T	2	84	Waved washer D26*D19.5*0.3T	10
27	Electric cable 600L	1	85	Screw ST4.2*1.4*20L	11
28	Sensor cable 350L	1	86	Nut M6*1*6T	1
29	Upper computer cable 850L	1	87	Nylon washer D6*D19*1.5T	1
30	Lower computer cable 700L	1	88	Nylon nut M6*1.0*6T	4
31	Rolling axle	2	89	Nut M8*1.25*8T	1
32L	Bracket for left pedal	1	90	Bolt M5*0.8*10L	1
32R	Bracket for right pedal	1	91	Screw ST4*1.41*15L	16
33	Crank	2	92	Flat washer D12*D4.3*1T	16
34	Nylon nut M6*1*6T	1	93L	Rear axle over (left)	2
35	Multi-groove belt	1	93R	Rear axle cover (right)	2
36L	Left chain cover	1	94	Foot cap	2
36R	Right chain cover	1	95	Bolt M6*65L	1
37	Flywheel	1	96	Waved washer D27*D21*0.3T	1
38	Wheel	2	97	Fixing bracket for magnet	1
39	Side cover	2	98	Screw ST4.2*1.4*15L	4
40	Bolt M8*1.25*20	2	99	Tension cable D1.5*350L	1
41	Plastic flat washer D10*D24*0.4T	6	100	Nut M6*1*6T	1
42	Axle	2	101	Flat washer D26*D21*1.5T	1
43	Bearing #6004ZZ	2	102	C-ring D21.5*D17.5*1.2T	8
44	Belt wheel	1	103	Plug	2
45	Nylon nut M8*1.25*8T	1	104L	Left cover for universal joint	2
46	Flat washer D25*D8.5*2.0T	1	104R	Right cover for universal joint	2
47	Plastic flat washer D50*D10*1.0T	1	105	Chest belt	1
48	Flat washer D13*D6.5*1.0T	1	106	Bottle holder	1
49	Handlebar post cover	1	107	Screw M5*0.8*15L	6
50	Plastic cover of spring	1	108	Spacer D11.5*D8*3.5T	4
51	Spring	1	109	Belt for wheel	2

52L	Left movable handlebar	1	110	Bolt M8*1.25*20	4
52R	Right movable handlebar	1	111	Bolt M5*15L	2
53	Foam (HDR) D30*3T*500L	2			

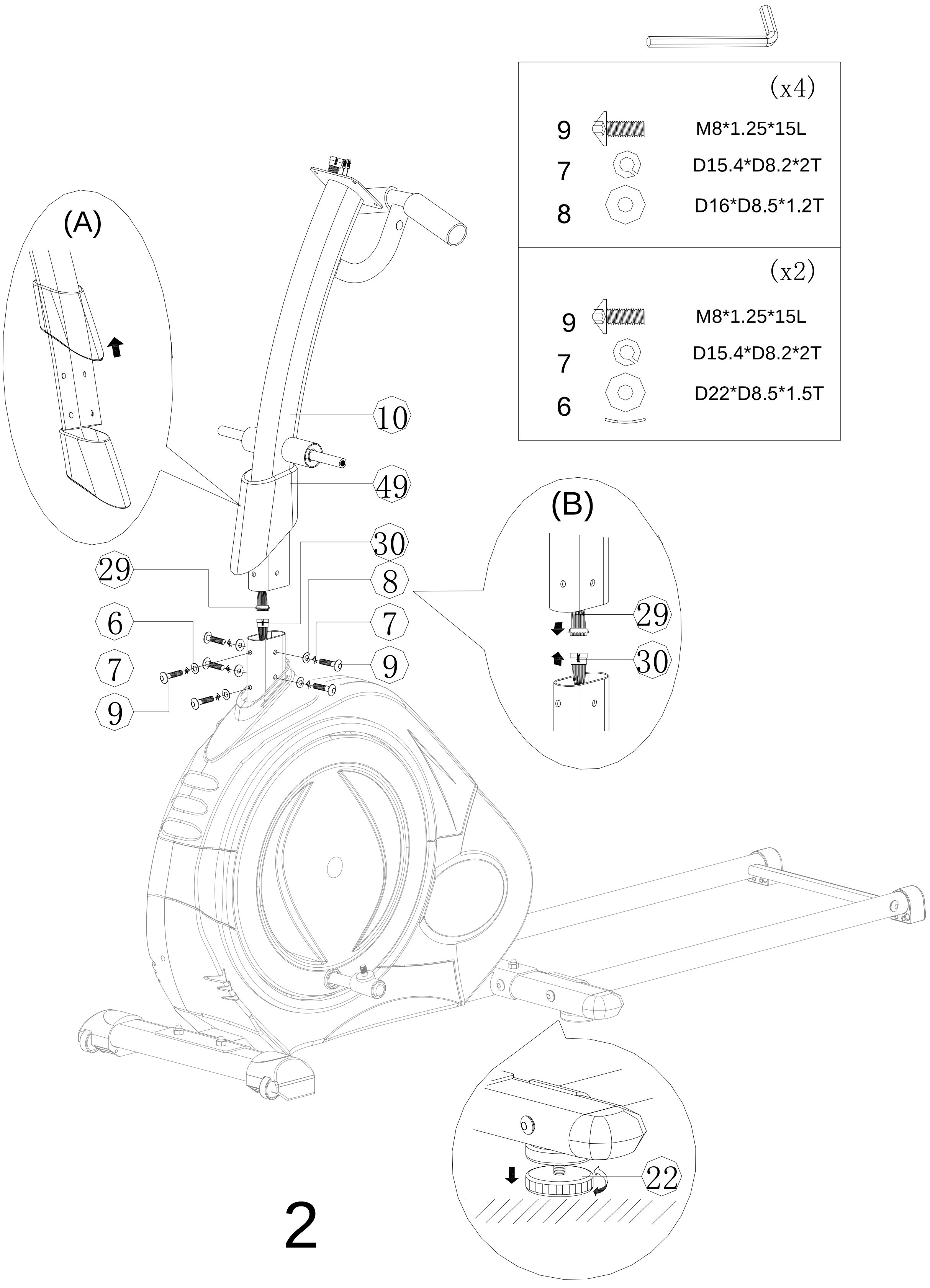
Assembly drawing:

Step 1



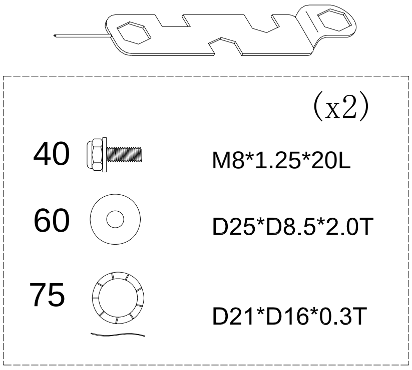
1) Assemble the sliding beam (3) to the rear stabilizer (19) by the Allen bolt (9A), the Allen bolt (9B), the curved washer (6), the spring washer (7) and the flat washer (8).
2) Assemble the connecting tube (18) to the sliding beam (3) by the Allen bolt (9C), the curved washer (6) and the spring washer (7).
3) Assemble the foot cap (94) to the sliding beam (3).
4) Assemble the front stabilizer (2) and the rear stabilizer (19) to the main frame (1) by the square neck bolt (81), the spring washer (7), the flat washer (8) and the domed nut (20).
5) Fix the rear stabilizer (19) to the frame (1) by the Allen bolt (9B), the curved washer (6) and the spring washer (7).

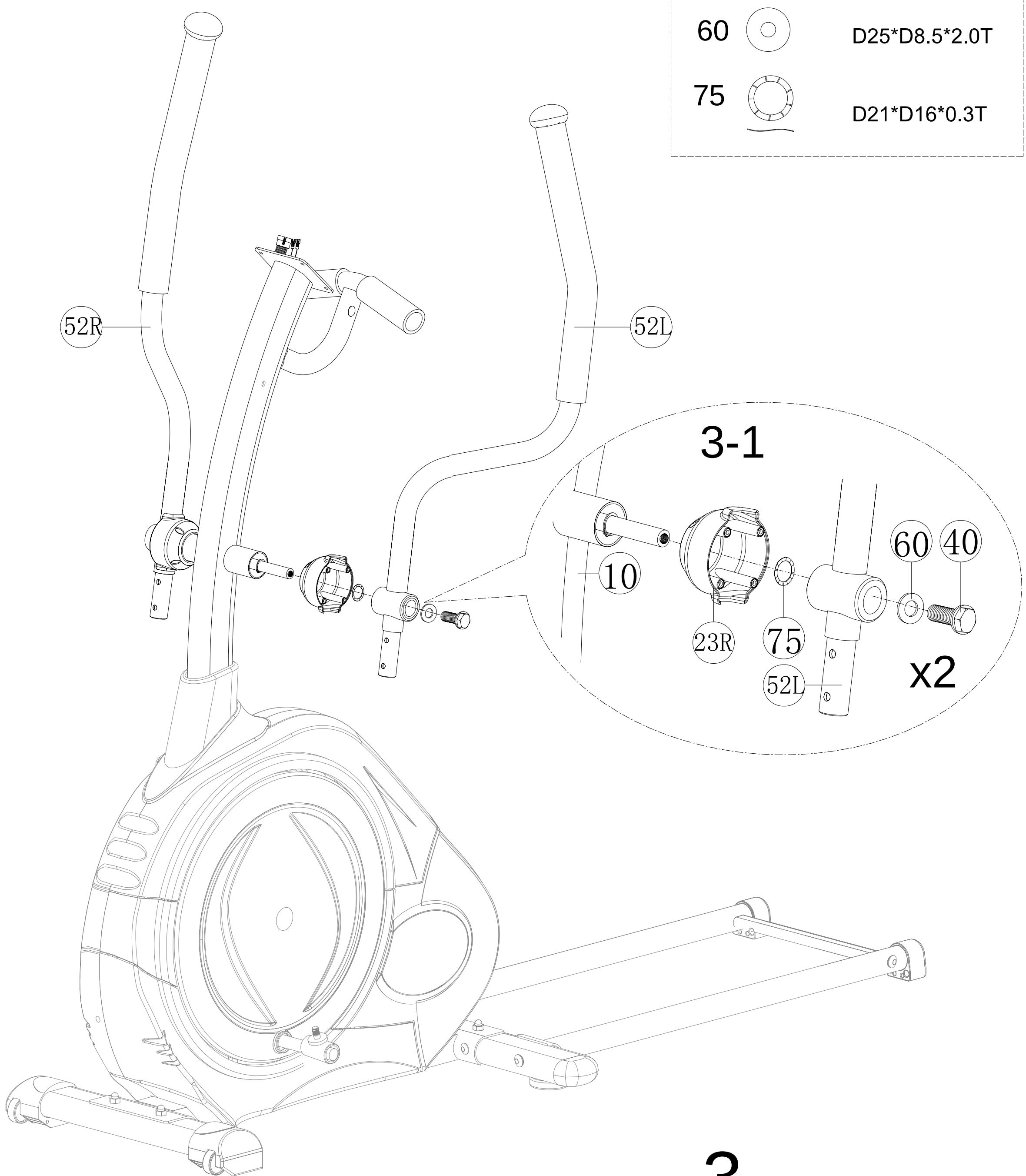
Step 2



1) Assemble the handlebar post cover (49) to the handlebar post (10) shown as fig. A.
2) Connect the upper computer cable (29) and the lower computer cable (30) shown as fig. B.
3) Assemble the handlebar post (10) to the main frame (1) by the curved washer (6), the spring washer (7), the flat washer (8) and the Allen bolt (9).

Step 3

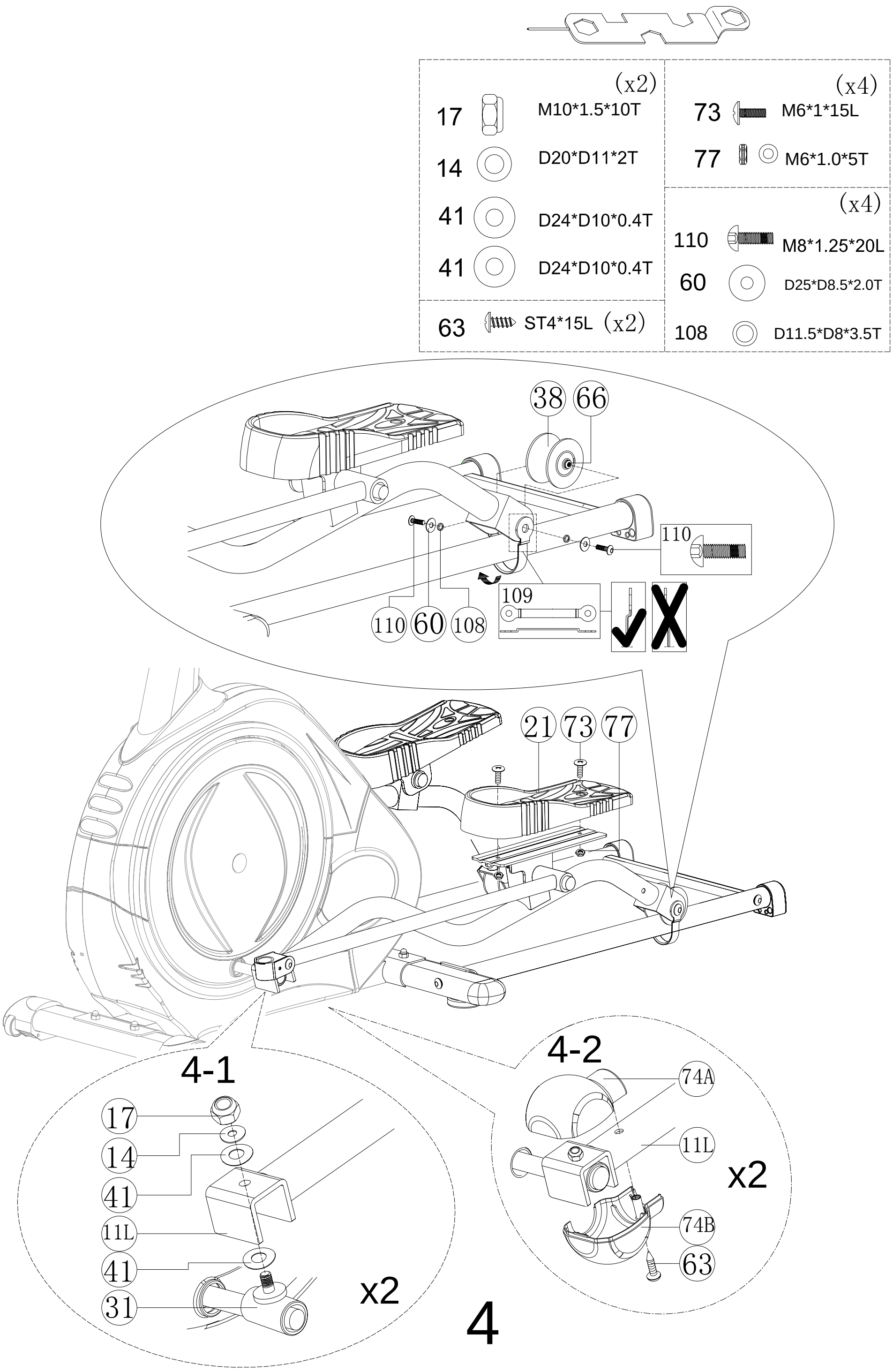




3

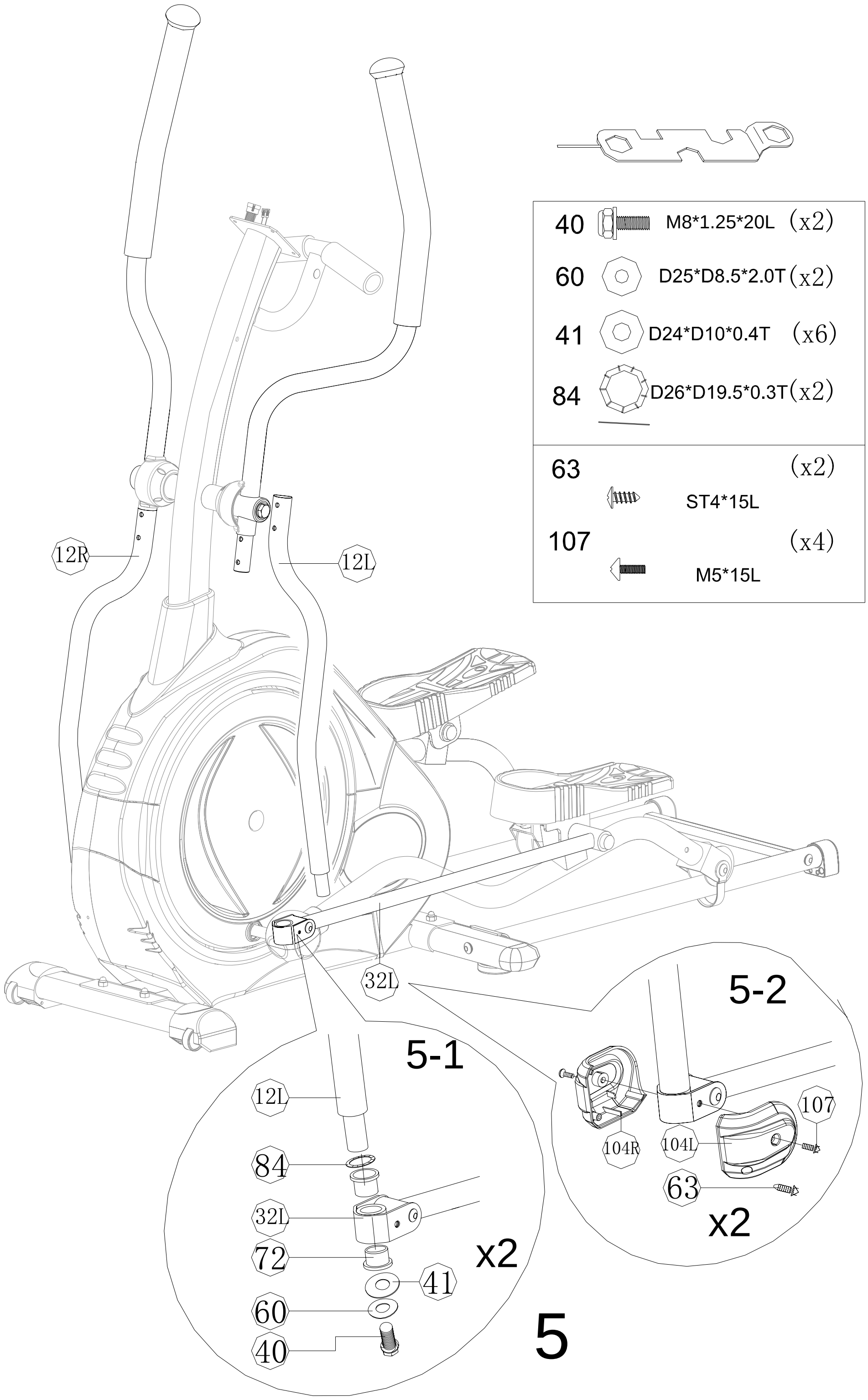
Assemble the upper cover (right) (23R), the waved washer (75), the movable handlebar (52L&52R), the flat washer (60) and the bolt (40) to the axle in turn shown as fig. 3-1.

Step 4



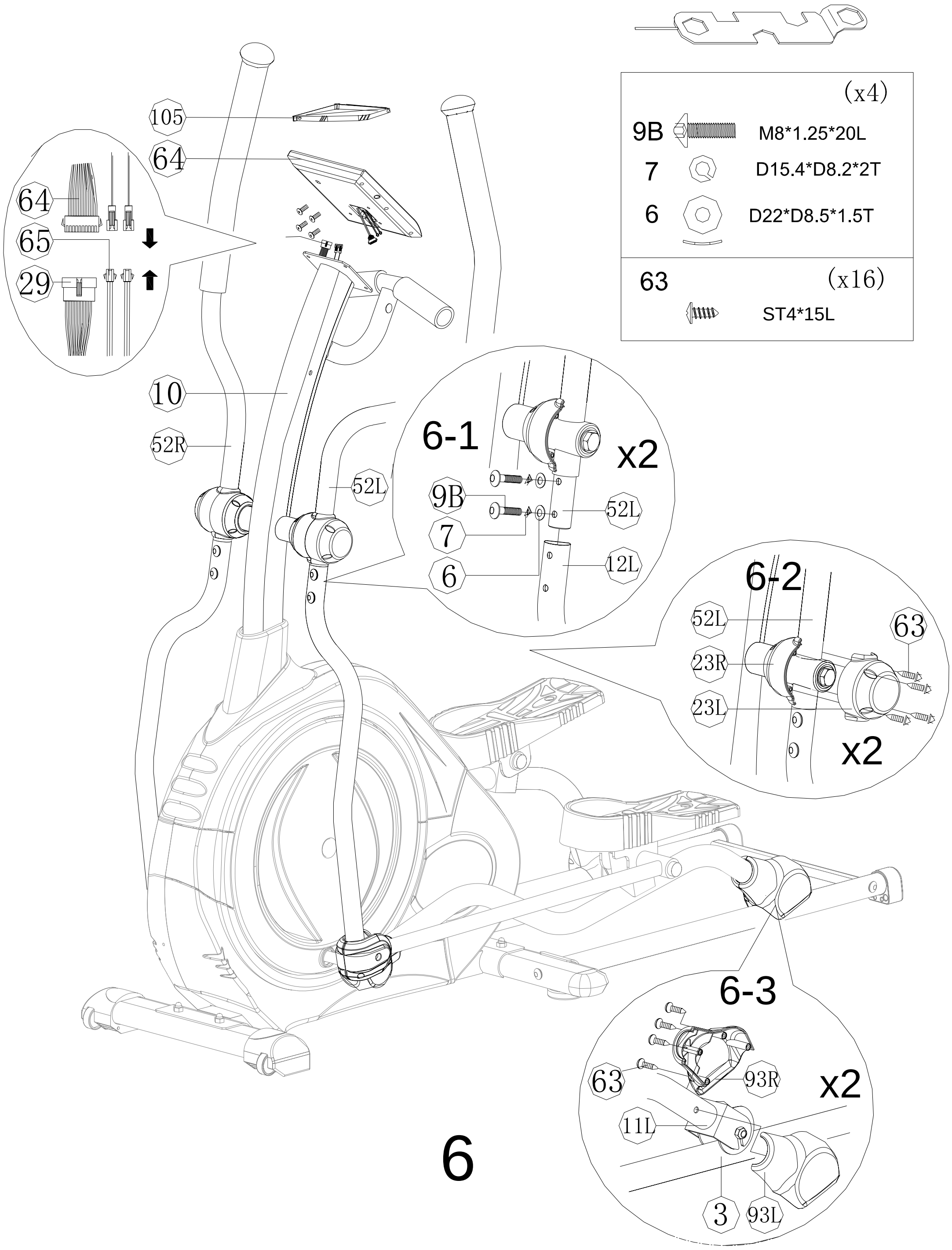
1) Assemble the supporting tube for pedal (11L&11R) to the rolling axle (31) by the Nylon nut (17), the flat washer (14) and the plastic flat washer (41) shown as fig. 4-1.
2) Assemble the upper axle cover (74A) and the lower axle cover (74B) to the supporting tube for pedal (11L&11R) by the screw (63) shown as fig. 4-2.
3) Assemble the wheel (38) to the supporting tube for pedal (11L&11R) by the bolt (110), the flat washer (60), the spacer (108), the axle of wheel (66) and the belt for wheel (109). Please kindly note the assembling way of belt for wheel (109) should be correct shown as the TICK in the picture.
4) Assemble the pedal (21) to the supporting tube for pedal (11L&11R) by the bolt (73) and nut (77).

Step 5



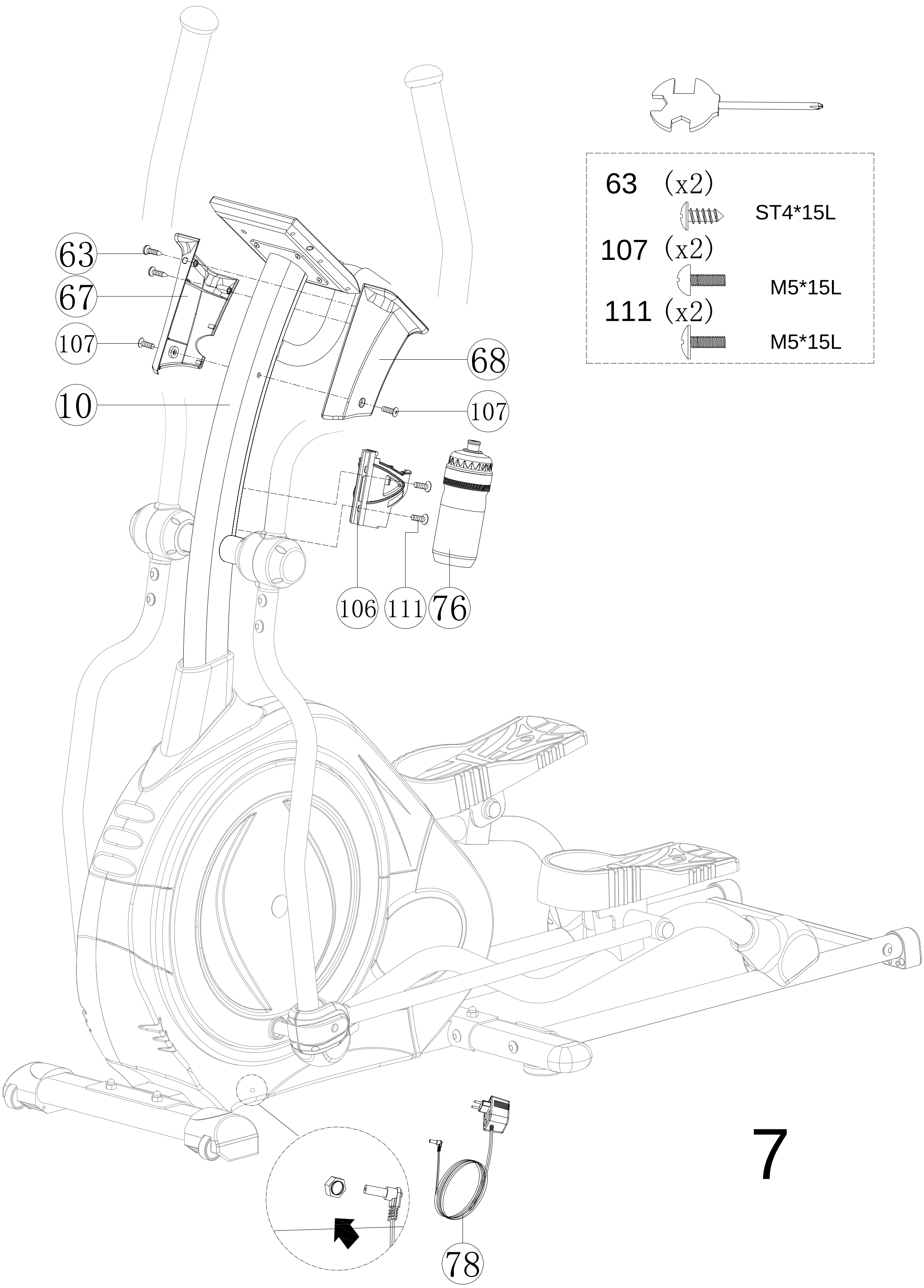
1) Assemble the supporting tube for movable handlebar (12L&12R) to the bracket for pedal (32L&32R) by the waved washer (84), the bushing (72), the flat washer (60) and the bolt (40) shown as fig. 5-1.
2) Assemble the cover for universal joint (104L&104R) to the bracket for pedal (32L&32R) by the screw (63) and the screw (107).

Step 6



1) Connect the upper computer cable (29) and the handle pulse cable (65) to the computer (64).
2) Assemble the computer (64) to the handlebar post (10) by screws that attach to the computer.
3) Assemble the supporting tube for movable handlebar (11L&11R) to the movable handlebar (52L&52R) by the curved washer (6), the spring washer (7) and the Allen bolt (9B) shown as fig. 6-1.
4) Assemble the upper cover (23L&23R) to the movable handlebar (52L&52R) by the screw (63) shown as fig. 6-2.
5) Assemble the rear axle cover (93L&93R) to the supporting tube for movable handlebar (11L711R) by the screw (63) shown as fig. 6-3.

Step 7



1) Assemble the left computer bracket (68) and the right computer bracket (67) to the handlebar post (10) by the screw (63) and the screw (107).
2) Assemble the bottle holder (106) to the handlebar post (10) by the screw (111). Assemble the bottle (76) to the bottle holder (106).
3) Assemble the adaptor (78) and turn on the computer.

Computer B31232:

The things you should know before exercise

A. Input Power
Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

B. Program select and setting value
1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

Functions and Features:

1. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.
2. RPM: Your pedal cadence.
3. WATT: The amount of mechanical power the computer is receiving from your exercise.
4. SPEED: Displays your workout speed value in KM/MILE per hour.
5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
6. PULSE: Your computer displays your pulse rate in beats per minute during your workout.
7. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
8. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.
9. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press “PULSE RECOVERY” key, all function displays will stop except “TIME”. Time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0 means OUTSTANDING
1.0＜F＜2.0 means EXCELLENT
2.0≦F≦2.9 means GOOD
3.0≦F≦3.9 means FAIR
4.0≦F≦5.9 means BELOW AVERAGE
6.0 means POOR

Note: If no pulse signal input then the computer will show “P” on the PULSE window. If the computer shows “ERR” on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key: a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
b. During the exercise mode, press the key to STOP exercise.
c. During the stop mode, press the key to START exercise.

2. UP key: a. Turn the toggle wheel to increase the resistance during exercise mode.
b. During the setting mode, turn the toggle wheel to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. DOWN key: a. Press the key to decrease the resistance during exercise mode.
b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

4. ENTER key: a. During the setting mode, press the key to accept the current data entry.
b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
c. During setting the Clock, press this key can accept the setting hour and setting minute.

5. BODY FAT key: Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio,

6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5 The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.

7 Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3 and User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%

Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%

Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%
Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%
Program 22 is the Target H.R.C. - - Workout by your target heart rate value.
Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R and then the computer will increase the resistance 。Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C As a result, the user's heart rate will be adjusted to close the TARGET H.R. between the range of TARGET H.R. +5 and TARGET H.R. -5 and then the computer will keep resistance level.

Operations:

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

Watt Control Program: Watt Control

Program 23 is a Speed Independent Program. Press ENTER key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

Operations:

1. Use UP or DOWN key to select the WATT CONTROL (P23) program.
2. Press ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.
6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
7. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
8. Press the START/STOP key to begin exercise.

NOTE:

1. WATT = TORQUE (KGM) * RPM * 1.03
2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

Body Fat Program: Body Fat

Program 24 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27
Type2: 27 ≧ BODY FAT% ≧ 20
Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations:

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).

6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

Operation guide:

1. Sleep Mode:
   The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.
2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn’t account for any activity, it’s simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

Error Message:

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the monitor will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor’s driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

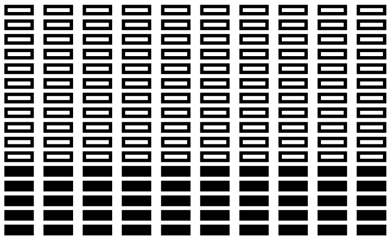
E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the monitor displays “E3”.

Technical data of the current adapter

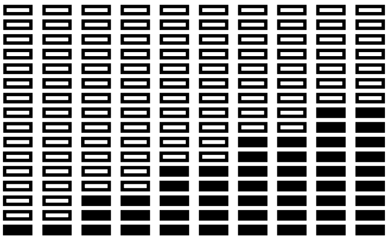
1. Available for Input: 230V/50Hz or 60Hz   Output: 6V AC/0.5A
2. Available for Input: 110V/50Hz or 60Hz   Output: 6V AC/0.5A

LCD Workout Graphics

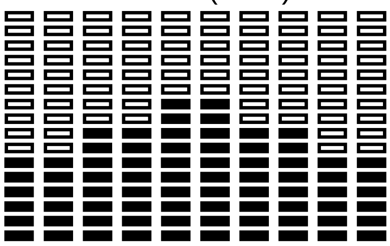
PROGRAM 1 (MANUAL)：



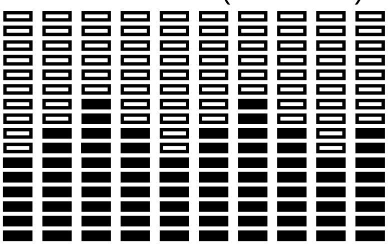
PROGRAM 2 (STEPS)：



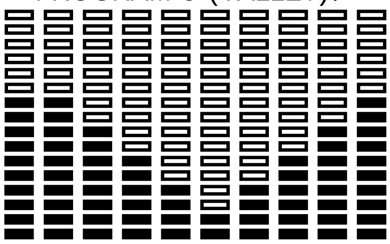
PROGRAM 3 (HILL)：



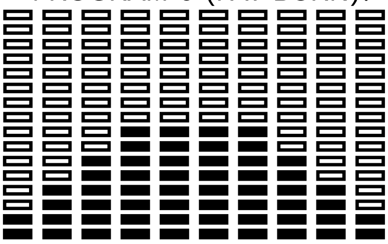
PROGRAM 4 (ROLLING)：



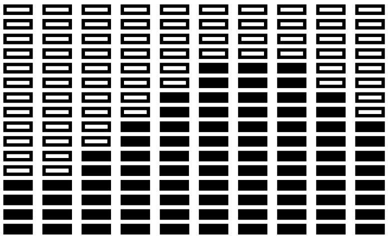
PROGRAM 5 (VALLEY)：



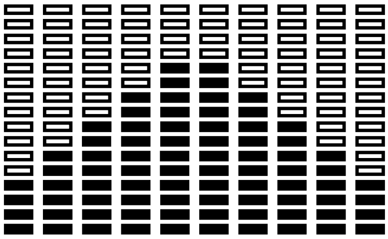
PROGRAM 6 (FAT BURN)：



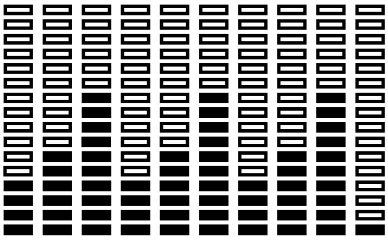
PROGRAM 7 (RAMP):



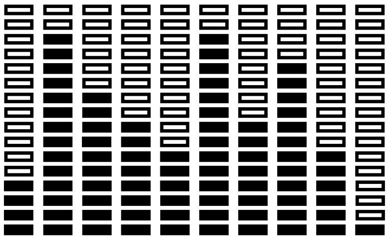
PROGRAM 8 (MOUNTAIN):



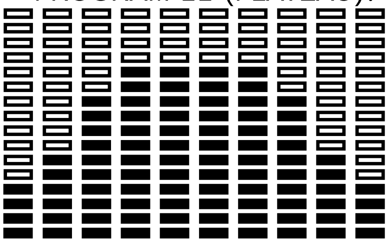
PROGRAM 9 (INTERVALS):



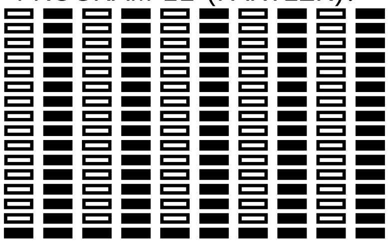
PROGRAM 10 (RANDOM):



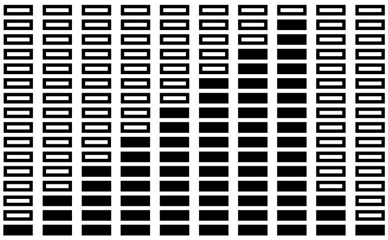
PROGRAM 11 (PLATEAU):



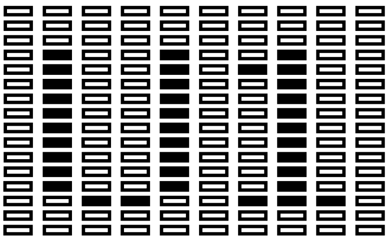
PROGRAM 12 (FARTLEK):



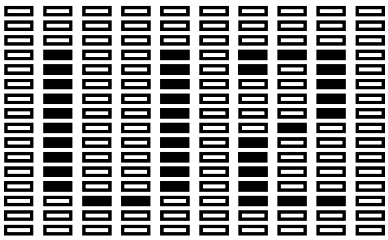
PROGRAM 13 (PRECIPICE):



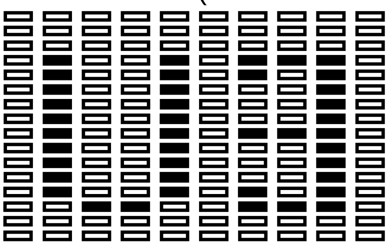
PROGRAM 14 (USER-1 PROFILE)



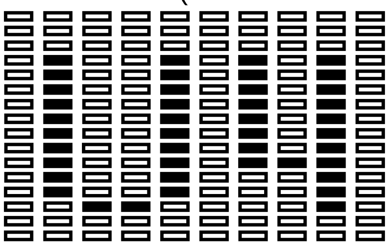
PROGRAM 15 (USER-2 PROFILE)



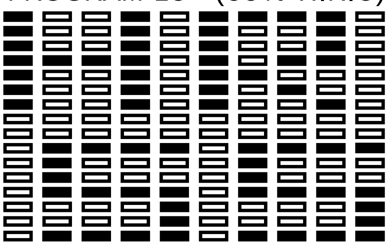
PROGRAM 16 (USER-3 PROFILE)



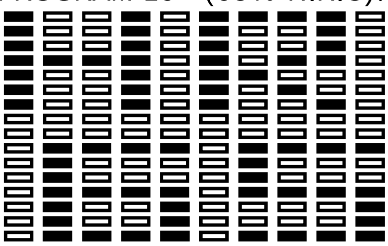
PROGRAM 17 (USER-4 PROFILE)



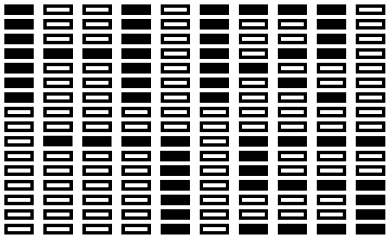
PROGRAM 18 (55% H.R.C):



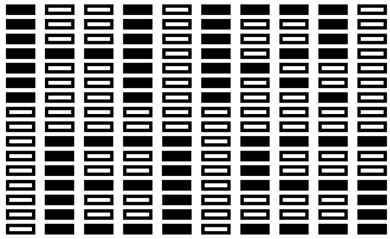
PROGRAM 19 (65% H.R.C):



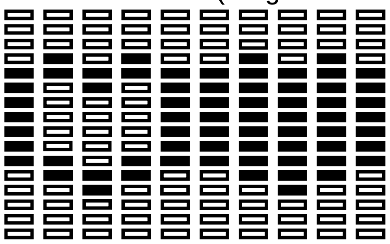
PROGRAM 20 (75% H.R.C):



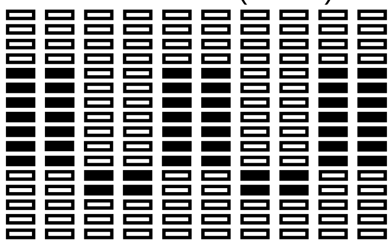
PROGRAM 21 (85% H.R.C):



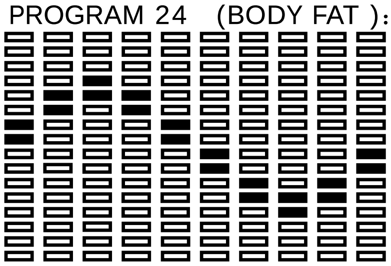
PROGRAM 22 (target H.R.C):



PROGRAM 23 (WATT):



PROGRAM 24 (BODY FAT):



Remark :

USER 1 – 4, HRC 55% - 85% , THRC , WATT CONTROL --- AFTER START TO CHANGE PROFILE AS BELOW.

